



tel 503.287.0655  
 email info@nwwomensfitness.com  
 web www.nwwomensfitness.com  
 address 2714 NE BROADWAY  
 PORTLAND, OR 97232

# TEAM TRAINING SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>5:30-6:30a</b> Regular Raina		<b>5:30-6:30a</b> Regular Raina	<b>5:30-6:30a</b> Mobility Raina	
	<b>6:30-7:00a</b> Regular Raina		<b>6:30-7:30a</b> Regular Raina	<b>6:30-7:30a</b> Regular Raina	
	<b>7:30-8:30a</b> Pilates Equipment Elizabeth		<b>8:00-8:30a</b> Regular Carol		<b>8:00-9:00a</b> Regular Jolene
	<b>8:00-8:30a</b> Regular Part 1 Carol				<b>9:00-10:00a</b> Regular Jolene
<b>9:00-10:00a</b> TRX & Balance Sam	<b>8:30-9:00a</b> Regular Part 2 Carol	<b>9:00-9:30a</b> Regular Carol	<b>9:00-10:00a</b> MRT Raina	<b>8:30-9:30a</b> Posture & Balance Sam	
<b>10:00-11:00a</b> Regular Carol	<b>9:00-10:00a</b> Regular Carol	<b>9:00-10:00a</b> Mighty Mamas Gillian	<b>10:30-11:00a</b> Regular Carol	<b>9:30-10:30a</b> Pilates Equipment Alta	<b>10:00-11:00a</b> Strength Intervals Jolene
<b>10:00-11:00a</b> Boxing Fitness Alta	<b>9:00-10:00a</b> Regular Sam	<b>9:30-10:30a</b> Pilates Equipment Alta	<b>11:00-12:00p</b> Posture & Balance Sam		
<b>11:00-11:30a</b> Regular Carol	<b>9:00-9:30a</b> MRT Raina	<b>10:30-11:30a</b> TRX Alta			
<b>2:00-2:30p</b> Booty HIIT Jolene	<b>10:00-11:00a</b> Boxing Fitness Alta	<b>1:00-2:00p</b> Regular Gillian			
			<b>3:30-4:30p</b> Run Strong Carol		
<b>4:30-5:30p</b> Regular Carol			<b>4:30-5:30p</b> Regular Carol		
<b>6:00-7:00p</b> Regular Carol	<b>6:00-7:00p</b> Regular Liane	<b>5:30-6:00p</b> Regular Carol			<b>Shaded boxes = child care is available</b>
<b>6:30-7:30p</b> Regular Jolene				<b>ONLY \$28/hour or \$14/half hour</b> You must purchase 10 sessions and reserve a weekly time slot. Min. 2, Max. 4 participants.	

# Specialty Team Training Descriptions

**Booty HIIT** - A short but powerful workout designed to strengthen and sculpt your backside, increase metabolic rate with high intensity intervals and improve cardiovascular fitness. Bouts of hard work followed by short periods of rest will keep your body burning calories for hours to come and give you that extra pep in your step. While the booty is the focus, your core and upper body will not be left out. Progressions and regressions for all exercises will be provided though some cardiovascular endurance is recommended.

**Boxing Fitness** - Challenge your muscles and empower your mind with drills used by the pros. Punch and kick your way to a lean mean toned body. Feel invigorated and strong from this cardio and strength training workout!

**Mighty Mamas** - In this class, I will guide you through a safe, effective exercise program specifically designed to regain and improve your fitness post-pregnancy. We will focus on strength training, conditioning and flexibility to improve your overall fitness. The small group setting will enable me to customize your workout if you are experiencing any of these changes common to new mothers: weakened pelvic floor causing incontinence and sexual dysfunction, hip, shoulder and low back pain and stiffness, or loss of core strength due to weakened abdominal wall muscles training variables.

**MRT** - Metabolic Resistance Training is an intense strategy for increasing strength, torching fat and improving overall physical fitness. This circuit style training use various resistance training variables. Recommended for intermediate and advanced levels.

**Mobility** - Mobility is focused on moving joints through full range of motion with proper function and control. It is more than just stretching. We will use foam rollers, mobility balls, distraction bands, perform deep and dynamic stretches to achieve better joint health, develop proper movement patterns, and relieve muscle pain. If you struggle with lack of joint mobility, bad form during lifting, uneven sides, general bad posture, low back pain, or you keep getting set back due to injuries, this class is for you!

**Pilates Equipment** - Pilates conditions the entire body with a strong emphasis on the core. These low impact exercises will help you improve your strength, flexibility and joint mobility. Use the Pilates Reformer, Chair & Arc for an excellent full body workout.

**Posture & Balance** - If you suffer from back or neck pain, it may be due to poor posture. Improve your strength, flexibility, balance and confidence, while alleviating pain and risk of injury.

**Regular** - A variety of equipment will be used during this combination of strength training, cardio and flexibility designed according to the individual's goals and abilities. This total body workout will have you leaving feeling energized.

(Note: Part 1 is a full body workout, while Part 2 is a complementary workout to Part 1. )

**Run Strong** - Depending on weather, a one to two mile run outside will be incorporated into a strength workout indoors. The treadmill will be utilized as necessary. This team training will increase cardiovascular and strength endurance. All fitness levels welcome, though a little running experience would be helpful.

**Strength Intervals** - Strength Intervals will be an exciting fusion of total body strength training and cardio intervals specifically developed to maximize fat loss and improve endurance and coordination. No matter where you are in your fitness journey this work out will give you the opportunity to propel yourself to the next level. All fitness levels welcome.

**TRX Suspension** - TRX allows you to unload and leverage your bodyweight while performing strength, balance, mobility and flexibility exercises. This enables you to instantly modify any exercise to your available range of motion or level of strength to safely get as strong, agile and powerful as you can be!

